PT-298 CINTA DE CORRER STR
STR TREADMILL

ESPAÑOL

ENGLISH

MANUAL DEL USUARIO
OWNER'S MANUAL

SALTER
ACTIVE HEALTH

This manual is available at **www.salter.es**

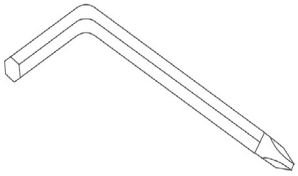
1. SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the equipment.

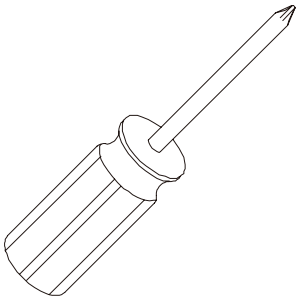
1. Read all warnings posted on the equipment.
2. Read this Owner's Manual and follow it carefully before using the equipment**.** Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces.
7. Inspect the equipment for worn or loose components prior to each use.
8. Tighten / replace any loose or worn components prior to using the equipment.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The equipment should not be used by persons weighing over 120 kg.
18. The equipment should be used by only one person at a time.
19. The equipment is for semi-commercial, light-commercial and home usage.
20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

2. TOOLS KIT

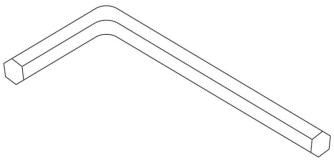


num.**96**. Combination M5 Allen Wrench & Phillips Head Screw Driver



num.**122**. Phillips Head

num.**58**. Deck/Belt Lubricant



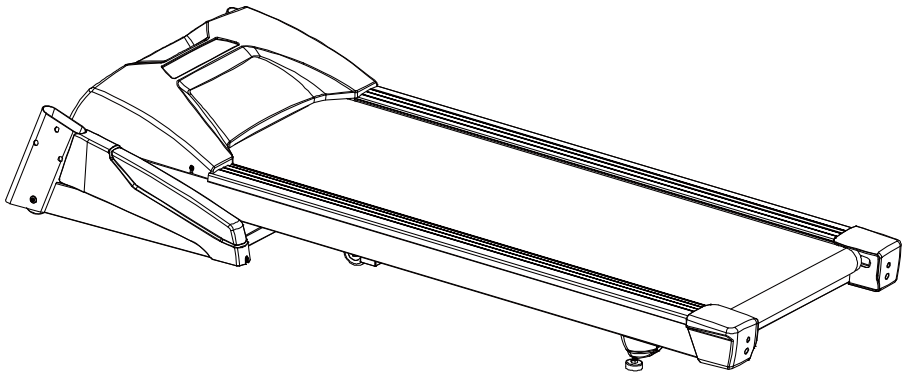
num.**97**. M6 Allen Wrench

num.**33**. Safety Key

3. ASSEMBLY INSTRUCTIONS

STEP 1

Take out the treadmill from the carton and lay it aside on the smooth ground.

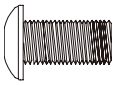


STEP 2

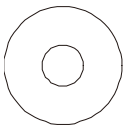
1. Take the Left and Right upright tubes (part numbers **5** & **4**) and slide the upright covers (**99** & **100** right) onto the tubes (observe the cover orientation is correct). Connect the Middle Console Cable (**38**) that exits from the bottom of the right upright tube with the lower Console Cable (**39**). Insert the Left and Right (**5** & **4**) Uprights into the Left and Right Receiving Tubes (holes are on the outside of the tubes). Be careful not to pinch the wire when installing the upright.

   NOTE: Partially tighten all bolts in this Step. This will allow for easier console assembly.
2. Attach the tubes with three Button Head Socket Bolts (**93**) from each side and two Button Head Socket Bolts (**93**) and two Curved Washers (**94**) from the front. Partially tighten using the Combination M5 Allen Wrench & Phillips Head Screw Driver (**96**).

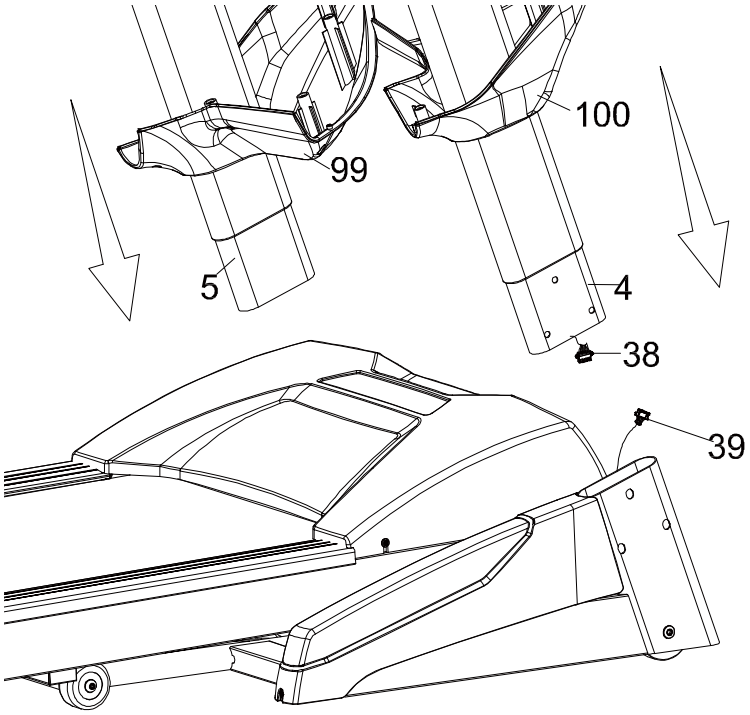
HARDWARE

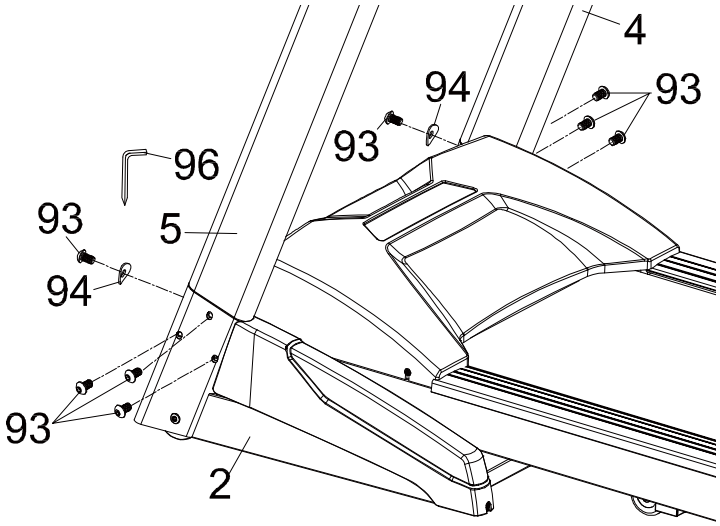


num.**93**. 5/16” x 15mm
Button Head Socket Bolt
(8 pcs)



num.**94**. 5/16” x 19 x 1.5T
Curved Washer (2 pcs)





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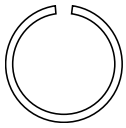
STEP 3

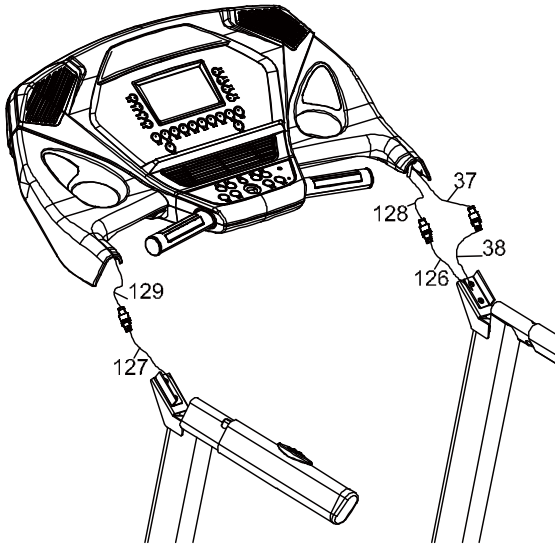
1. Connect the Speed Adjustment Switch Cable (**128**) to the Speed Cable (Upper) (**126**). Connect the Incline Adjustment Switch Cable (**129**) to the Incline Cable (Upper)(**127**). Connect the Computer Cable (Middle) (**37**) to the Computer Cable (Upper) (**38**).
2. Insert Console Assembly (**40**) into right and left Uprights (**4**) and (**5**) and secure with four Button Head Socket Bolts (**90**) and four Split Washers (**82**) using the M6 Allen Wrench (**97**). Now go back and completely tighten the 8 bolts (**93**) inserted in Step 1 that join the upright tubes (**4** & **5**) to the main frame.

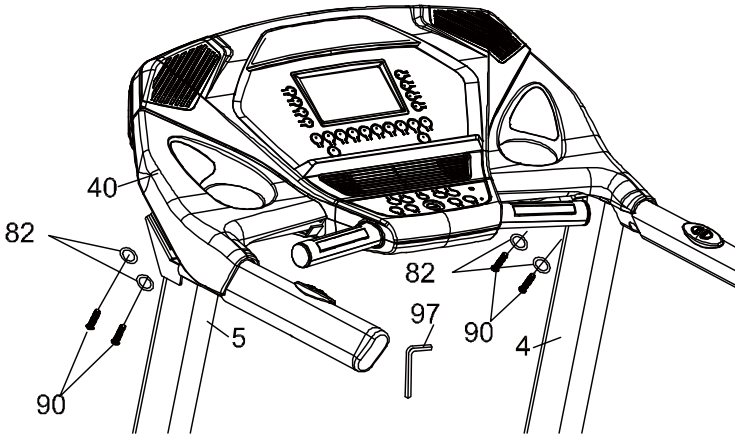
HARDWARE



num.**82**. 3/8" x 2.0T
Split Washer (4 pcs)

num.**90**. 3/8" x 1-3/4"
Button Head Socket Bolt
(4 pcs)





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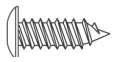
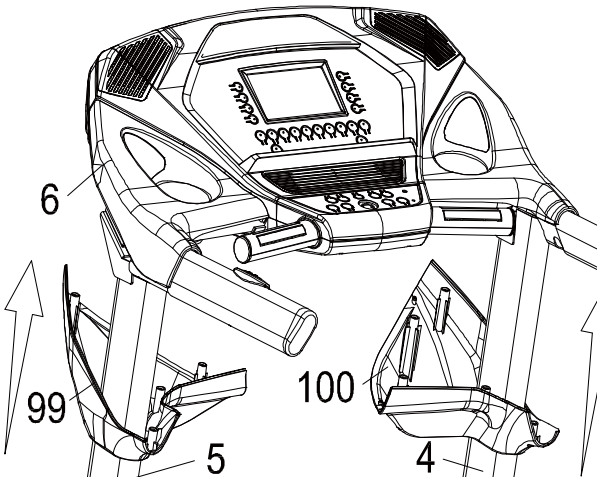
STEP 4

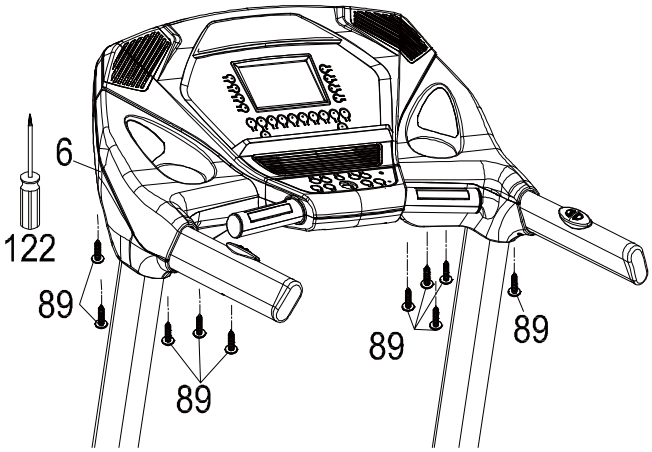
Attach the lower half of the bottle holder (Right - **100**) and (Left - **99**) to the right and left Uprights (**4**) and (**5**) and Console Support(**6**) with ten Sheet Metal Screws (**89**) using the Phillips Head Screw Driver (**122**).

HARDWARE



num.89. 3.5 x 12mm
Sheet Metal Screw (10 pcs)





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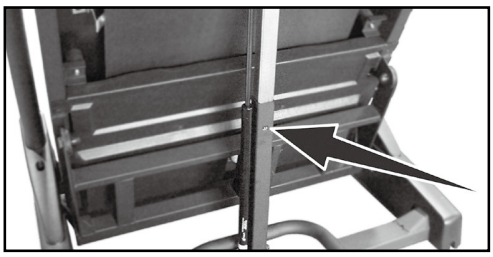
4. OPERATION INSTRUCTIONS

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to move the unit to the desired position.

4.1 TO FOLD THE TREADMILL

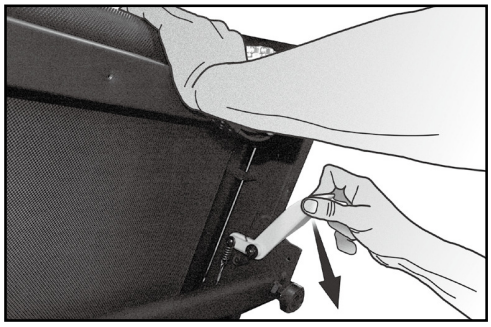
Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.



4.2 TO UNFOLD THE TREADMILL

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

*At the rear roller area to relieve pressure on the locking system.

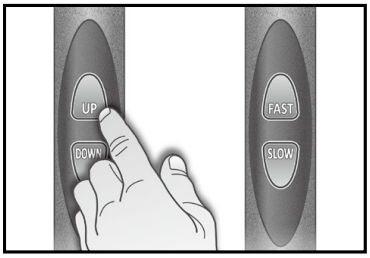


4.3 TRANSPORT

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

4.4 HANDRAIL ADJUSTMENTS

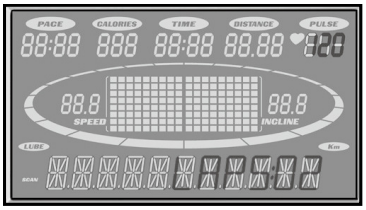
The treadmill allows you to make speed and incline changes on the side handrails. You can also choose to turn these off if you frequently hold on to these rails. This is achieved by pressing the disable button on the right side of the lower portion of the console.



4.5 QUICK SPEED & INCLINE BUTTONS

You are able to set your speed and incline settings quickly by using the quick keys on the console. Just press either Speed or Incline, then select either 1 or 2 digits and the treadmill will automatically adjust to that value. This saves time because you don't have to press and hold or hold a button down until reaching the desired value. The maximum value you may input for speed is 9.9 km/h and incline 9.5%.

Examples:
Press the Quick Incline button, then 1, 0 = Incline Level 1.0
Press the Quick Incline button, then 3, 5 = Incline Level 3.5
Press the Quick Speed button, then 8, 0 = 8.0 km/h
Press the Quick Speed button, then 0, 8 = 0.8 km/h



4.6 CONSOLE

The console will display Pace, Calories burned, Time (elapsed or countdown), Distance travelled, Pulse, Speed, Incline, Program Name, num. of Laps completed, and Segment Time. There is also a Speed & Incline profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.

5. CONSOLE INSTRUCTIONS

5.1 GETTING STARTED

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor cover. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light for a short time. Then the Time and Distance windows will display Odometer readings for a short time. The Time window will show how many hours the treadmill has been in use and the Distance window will show how many kilometers the treadmill has gone. Then a message in the message center will show the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

5.1.1 QUICK-START/MANUAL OPERATION

STEP 1: Press and release the Start key to wake display up (if not already on).
Note: Installing the tether key will also wake up the console.
STEP 2: Press and release the Start key to begin belt movement, at 1 km/h, then adjust to the desired speed using the + / - or Fast/Slow keys (console or hand rail). You may also use the quick speed key, then 0 through 9 to adjust the speed.
STEP 3: To slow the tread-belt press and hold the v key (console or hand rail) to the desired speed. You may also press the quick speed adjust keys, 0 through 9.

STEP 4: To adjust the Incline level, pressed and hold the Incline + /– or Up/Down keys; you may also adjust to the desired incline by pressing the Quick Incline key and then 0 through 9.
STEP 5: To stop the tread-belt press and release the Stop key.

5.1.2 PAUSE/STOP/RESET FEATURE

STEP 1: When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
STEP 2: To resume your exercise, when in Pause mode, press the Start key. The speed and incline will return to their previous settings.
- Pause is executed when the Stop button is pressed once. If the Stop key is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

5.1.3 INCLINE FEATURE

- Incline may be adjusted anytime after belt movement.
- Press and hold the + / - or Up/Down keys (console or hand rail) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting the Quick Incline key, then 0 through 9, on the left hand side of console.
- The display will indicate incline percent in increments of .5 as adjustments are made.
- The incline will return to zero unless the main power switch or safety key are turned off while incline is at a higher setting.

5.1.4 DOT MATRIX CENTER DISPLAY (Manual Operation)

Eighteen columns of boxes (8 high) indicate each segment of a workout. The boxes only show an approximate level (speed/incline) of effort. In Manual Operation the Speed / Incline dot matrix window will build a profile “picture” as values are changed during a workout.

The speed and incline profiles will display half of the program at one time (9 columns). They will both scroll right to left. The Lap track will move in a counterclockwise direction.

5.1.5 0.4 KM TRACK

The 0.4 km track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 0.4 KM track is complete this feature will begin again. There is a lap counter in the message window for monitoring your distance.

5.1.6 PULSE GRIP FEATURE

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar or the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Grip Pulse feature while in Heart Rate programs.

5.1.7 CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

5.1.8 SPEAKERS

The console has built-in Speakers. You may plug an Audio Source (CD player, MP3, Computer, etc.) on the right side of console. There is no volume control on the console. The volume must be controlled on the Audio Source.

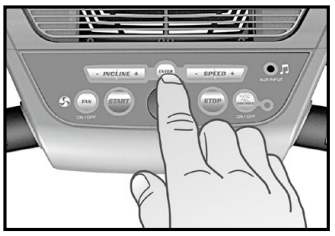
5.1.9 HANDRAIL BUTTONS DISABLE SWITCH

To the right of the Stop button there is a Handrail control switch and an indicator light next to it when the indicator light is lit, the handrail switches are disabled. This allows you to use the full length of the handrails without fear of activating the speed or elevation controls.

5.1.10 TO TURN TREADMILL OFF

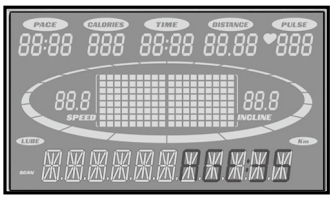
1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
2. Remove the tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

5.2 PROGRAMMABLE FEATURES

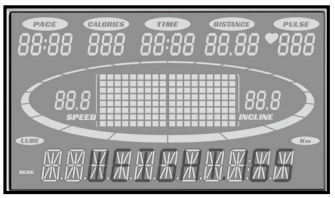


The treadmill offers seven factory preset-programs and one Manual program. Each preset program has a maximum Speed and Incline level that is displayed when a desired workout is chosen. The maximum Speed and Incline that the particular program will achieve will be displayed in the Message Center.

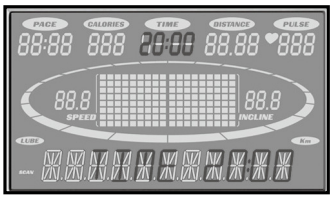
5.2.1 SELECT A PRESET PROGRAM



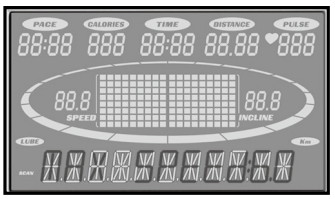
STEP 1: Press the desired Program key. Press enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.
STEP 2: If Enter was pressed, the Message Center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the Heart Rate programs. Use the + or- keys to adjust, then press Enter. Your age determines your recommended maximum heart rate. The Heart Rate feature is based on a percentage of your maximum heart rate, it is important to enter the correct age for this feature to work properly.



STEP 3: The Message Center will now be blinking a value, indicating your Body Weight (default is 150.). Entering the correct body weight will affect the calorie count. Use the + or - keys to adjust, then press Enter.
A note about the Calorie display: The Calorie display is to be used as a reference only to monitor improvement from workout to workout.



STEP 4: The Message Center will be blinking a value, indicating Time (the default value is 30 minutes). You may use any of the + or - keys to adjust the time. After adjusting, or to accept the default, press Enter. (*Note: You may press start at any time during the programming to start the program*).
STEP 5: The Message Center will now be blinking the preset top speed of the selected program (5 km/h). Use the Speed + or - keys to adjust, then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.



STEP 6: The Message Center will be blinking the preset top incline of the selected program (6.0%). Use the Incline + or – keys to adjust, then press Enter.

You are now done programming data and may press Start to begin your workout or
Stop to go back one level to change data entered in the programming phase.

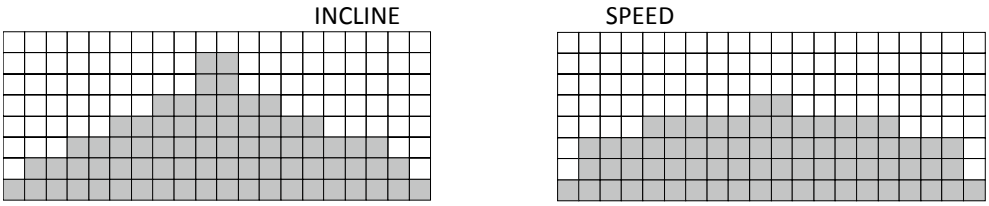
This manual is available at **www.salter.es**

5.2.2 PRESET PROGRAMS

The treadmill has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

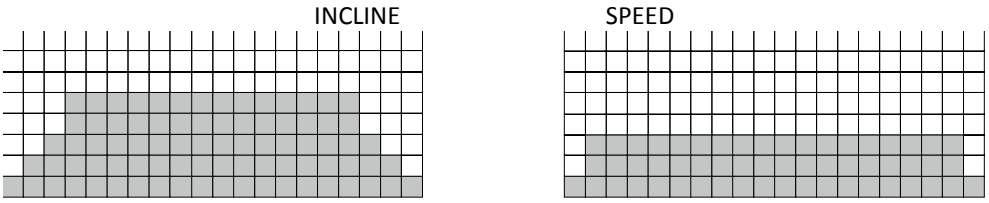
Hill
Resistance: This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort.

Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



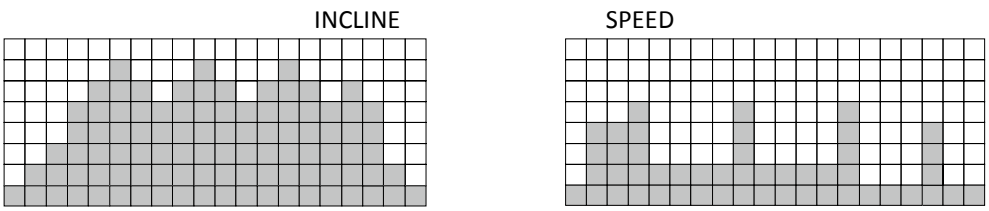
Fat Burn
Resistance: This program follows a quick progression up to the maximum speed level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



Cardio
Resistance: This program presents a quick progression up to near maximum speed level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.

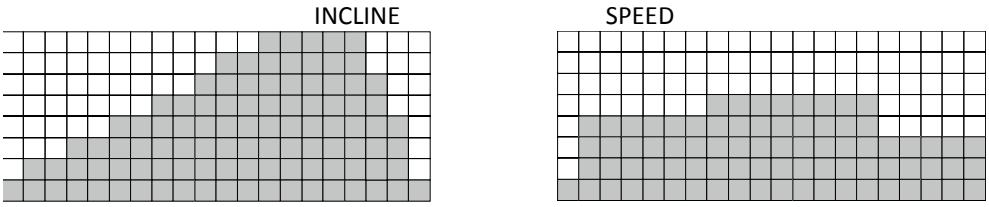
Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.



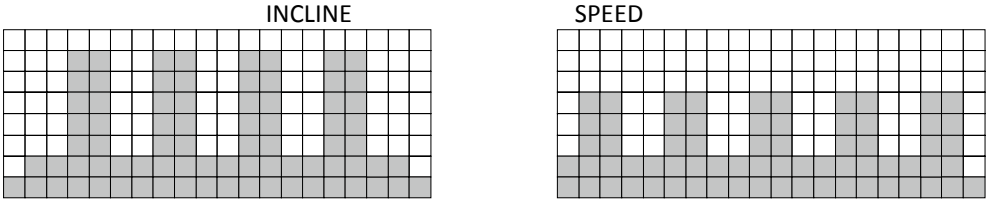
This manual is available at **www.salter.es**

Strength
Resistance: This program has a gradual progression of speed up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and gluts. A brief cool down follows.

Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.



Interval
Resistance: This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your "Fast Twitch" muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.



5.2.3 HEART RATE PROGRAMS

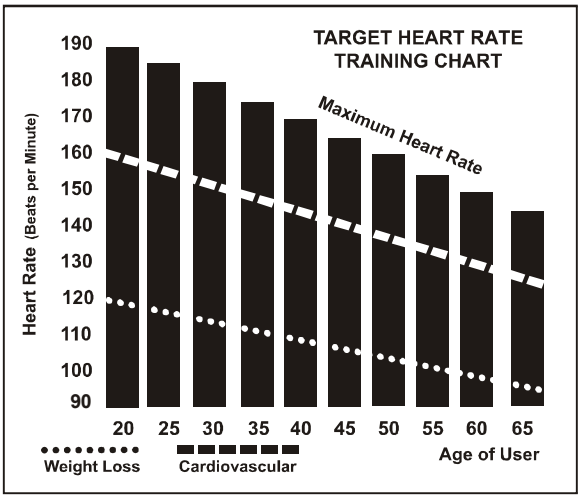
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

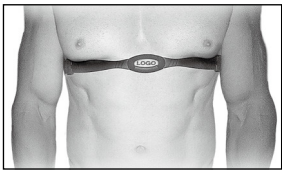
If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.

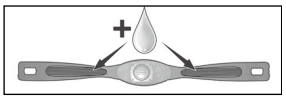


This manual is available at **www.salter.es**

USING HEART RATE TRANSMITTER (Optional)

How to wear your wireless chest strap transmitter:





1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest. Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals.

However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out.

6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

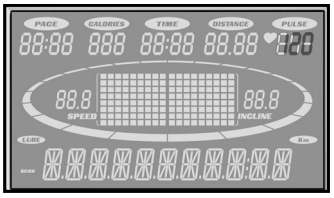
Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate an interference problem.

HEART RATE PROGRAM OPERATION

Note: You must wear the heart rate transmitter strap for these programs

Both programs operate the same, the only difference is that HR1 is set to 60% and HR2 is set to 80% of the maximum heart rate. They both are programmed the same way. To start an HR program follow the instructions below or just select the HR1 or HR2 program, then the Enter button and follow the directions in the Message Center.

After selecting your heart rate target, the program will attempt to keep you at or within
3 - 5 heart beats per minute of this value. Follow the prompts in the Message Center to maintain your selected heart rate value.

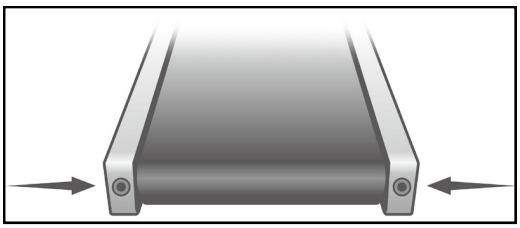


1. Press the HR 1 (60% of max heart rate default) or HR 2 (80% of max heart rate default) key, then press the Enter key.
2. The Message Center will ask you to enter your Age. You may enter your age, using the Speed + or - keys, then press the Enter key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight value using the Speed + or - keys, then press Enter to continue.
4. Next is Time. You may adjust the time using the Speed + or – keys and press. Enter to continue.
5. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the Speed + or - keys, then press Enter. *Note: The heart rate that appears is based on the % you accepted in Step 1. If you change this number it will either increase or decrease the % from Step 1.* Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key. *NOTE: At any time during the editing of Data you can press the Stop key to go back one screen.*
6. If you want to increase or decrease the workload at any time during the program press the Speed + or - or Fast/Slow key on the console or right handlebar. This will allow you to change your target heart rate at any time during the program.
7. During the HR 1 or HR 2 programs you will be able to scroll through the data in the Message Center by pressing the Enter key.
8. When the program ends you may press Start to begin the same program again. Stop to exit the program.

6. ADJUSTMENTS

BELT ADJUSTMENTS

Tread-belt Tension Adjustment must be made from the rear roller with the 6 mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.

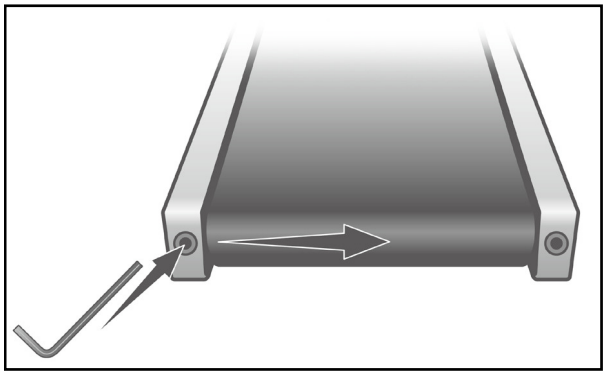


Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

NOTE: DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREADBELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. But if during use the belt continues to move toward one side, adjustments are necessary.

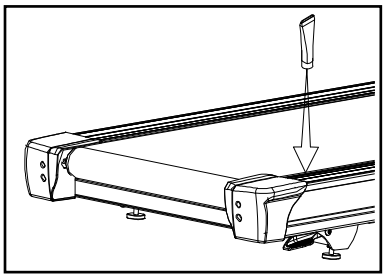


SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 5 km/h. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. If the belt is **too close to the right side**, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION PROCEDURE



Do not lubricate with other than approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from your authorized dealer.

The console has a built inlubrication reminder indicator that lights every 180 hours of use.

At the middle of the deck, lift up on the belt and reach under with the tube of lubricant. Squirt most of the lubricant on the deck surface. Repeat the process on the opposite side. Plug the electrical cord back into the outlet and walk on the belt at a moderate speed for five minutes.

If unable to perform the above procedure, it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt. Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 45 cm from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-footline should be in the middle of the deck at approximately equal distance from both side edges of the belt. Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 5 km/h without walking on it for about a minute or two to make sure the belt stays in the middle of the deck.

CALIBRATION PROCEDURE

1. Remove the safety key.
2. Press and hold down the **Start** and **Fast +** buttons and replace the safety key.
   Continue to hold the **Start** and **Fast** key until the window displays “Factory settings”, then press the **Enter** key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the up or down key to show which you want, then press **Enter**.
4. Make sure the wheel size diameter is 2.30 then press Enter.
5. Adjust the minimum speed (if needed) to 1.0 km/h and then press Enter.
6. Adjust the maximum speed (if needed) to 16 km/h and then press **Enter.**
7. Adjust the maximum elevation (if needed) to 10 and then press **Enter.**
8. Press **Start** to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor.

   Re-tighten the screw when finished.

MAINTENANCE MENU

1. Press and hold the **Start**, **Stop** and **Enter** key at the same time, until the display shows “Engineering mode” (it may say maintenance menu, depending on version). Press the **Enter** key.
2. You can now scroll through the menu using the + and - keys. Use the **Stop** key to return to previous menu selection. The menu selections are:

    A. **Key Test**- Tests that each key is functioning properly
    B. **Display** - Test the LCD display segments are all lighting properly
    C. **Functions**
        I. **Sleep Mode** - Allows you to turn off the sleep mode. Console will stay on all the time unless power is turned off.
        II. **Pause Mode** - When the console is paused during a program this will allow you to keep the console paused indefinitely instead of 5 minutes.
        III. **Odometer** - Allows you to reset the odometer
        IV. **English**- When enter is pressed allows you to change the settings for data to metric.
        V. **Motor Test** - For service personnel only when troubleshooting motor problems.
        VI. **Beep** - Allows you to disable the speaker so there is no beeping.
    D. **Security**- Allows you to lock the keypad so the treadmill cannot be used. Press Enter to change setting (also called child lock).
    E. **Factory Settings** - For factory use only.

7. MAINTENANCE

The maintenance of the equipment is easy:

- Dry and clean those areas exposed to perspiration, especially the console. It is recommended to use towels in order to avoid the sweat falling to the equipment.

- Dust and dirt may be the cause of functioning problems in the gears and the internal bearings. It is recommended keeping the equipment casing and its different elements clean.

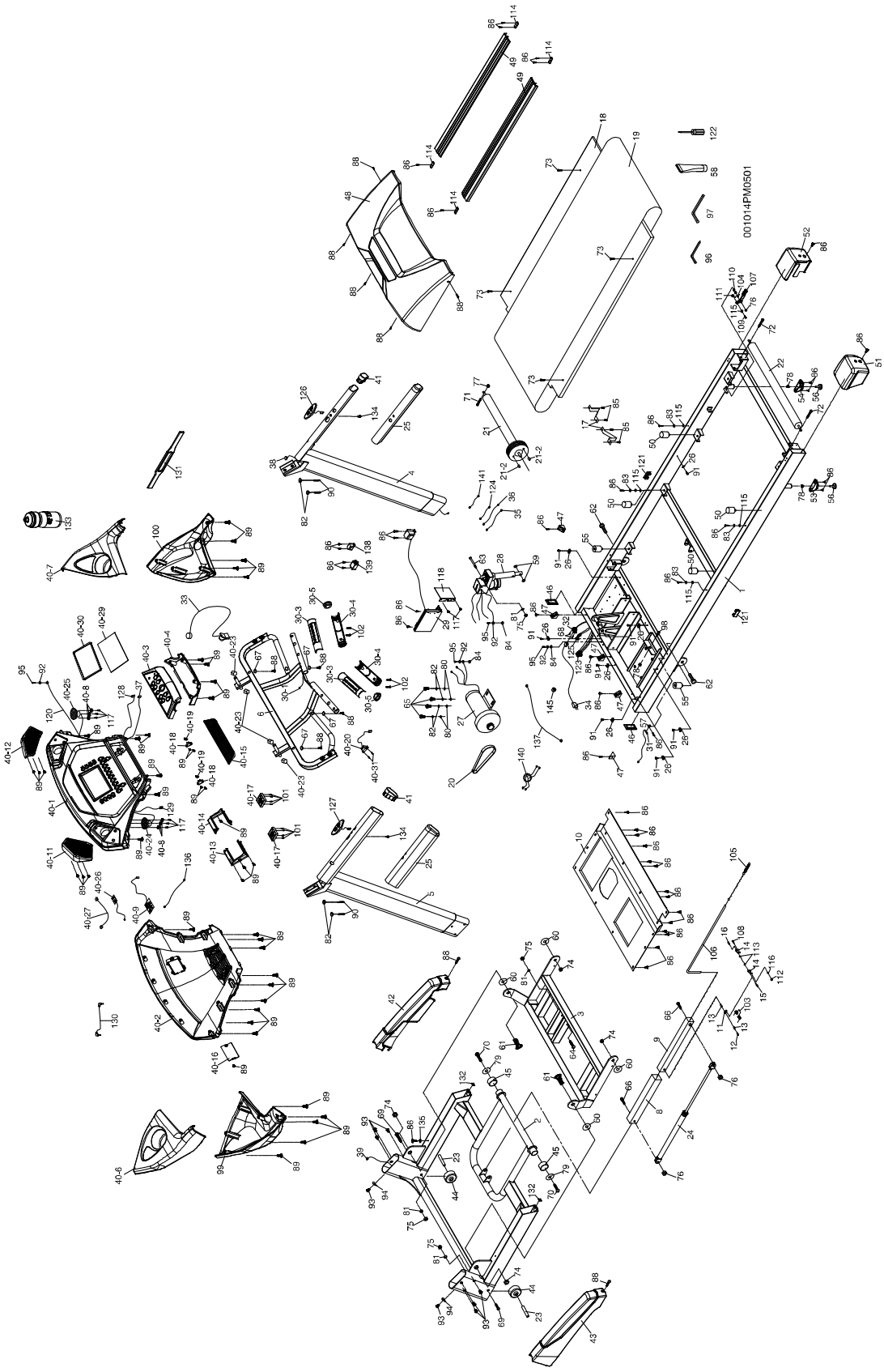
8. PARTS LIST

Nº num.	Part description	Qty
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
8	Outer Slide	1
9	Inner Slide	1
10	Motor Bottom Cover	1
11	Link	1
12	Link Shaft	1
13	Shaft Bushing	2
14	Fastening Bracket	2
15	Clevis Pin	1
16	Fastening Bushing	1
17	Belt Guide	2
18	Running Deck	1
19	Running Belt	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
21~2	Magnet	2
22	Rear Roller	1
23	Sleeve for Frame Base Front Wheel	2
24	Cylinder	1
25	PVC Handgrip	2
26	Wire Tie Mount	8
27	Motor	1
28	Incline Motor	1
29	Motor Controller	1
30	Handpulse Assembly	2
30~1	800m/m_Handpulse Wire, Coiled	1
30~3	Handpulse Top Cover	2
30~4	Handpulse Bottom Cover	2
30~5	Handpulse End Cap	2
31	1200m/m_Sensor W/Cable	1
32	Power Socket	1
33	Safety Key	1
34	Power Cord	1
35	200m/m × 764 × 764_Connecting Wire (White)	1
36	2000m/m × 764 × 764_Connecting Wire (Black)	1
37	800m/m_Computer Cable (Upper)	1
38	1300m/m_Computer Cable (Middle)	1
39	1150m/m_Computer Cable (Lower)	1
40	Console Assembly	1

Nº num.	Part description	Qty
40~1	Console Top Cover	1
40~2	Console Bottom Cover	1
40~3	Front Console Cover (Top)	1
40~4	Front Console Cover (Bottom)	1
40~6	Left Drink Bottle Holder (Upper)	1
40~7	Right Drink Bottle Holder (Upper)	1
40~8	Speaker Grill Anchor (Optional)	6
40~9	Receiver, HR (Optional)	1
40~11	Console Speaker Cover (L)	1
40~12	Console Speaker Cover (R)	1
40~13	Wind Duct (L)	1
40~14	Wind Duct (R)	1
40~15	Deflector Fan Grill	1
40~16	Battery Cover	1
40~17	Fan Assembly (Optional)	1
40~18	Fan Grill Anchor	2
40~19	Anchor	2
40~20	500mm	1
40~23	Bolt Cap	4
40~24	250m/m_Speaker W/Cable (Optional)	1
40~25	700m/m_Speaker W/Cable (Optional)	1
40~26	500m/m_Amplifier Controller (Optional)	1
40~27	400m/m_Amplifier Cable (Optional)	1
40~29	LCD Transparent Piece	1
40~30	Water-resist Rubber	1
40~31	3 × 10m/m_Sheet Metal Screw	2
41	Handgrip End Cap	2
42	Frame Base Cover (R)	1
43	Frame Base Cover (L)	1
44	Frame Base Front Wheel	2
45	Frame Base Rear Wheel	2
46	Square End Cap	2
47	Motor Cover Anchor	5
48	Motor Top Cover	1
49	Foot Rail	2
50	Cushion	4
51	Rear Adjustment Base (L)	1
52	Rear Adjustment Base (R)	1
53	Adjustment Foot Pad Cap (L)	1
54	Adjustment Foot Pad Cap (R)	1
55	Cushion	2
56	Rear Up/Down Adjustable Foot	2
57	Sensor Rack	1
58	Lubricant	1
59	Ø10 × Ø24 × 3T_Nylon Washer (A)	2
60	Ø50 × Ø13 × 3T_Nylon Washer (A)	4

Nº num.	Part description	Qty
61	1/2" × 1-1/4"_Carriage Bolt	**2**
62	1/2" × 1"_Hex Head Bolt	2
63	3/8" × 4"_Hex Head Bolt	1
64	3/8" × 92m/m_Hex Head Bolt	1
65	3/8" × 1"_Hex Head Bolt	4
66	5/16" × 2-3/4"_Button Head Socket Bolt	2
67	Ø1/4" × 19 × 1.5T_Flat Washer	4
68	3 × 10m/m_Sheet Metal Screw	2
69	3/8" × 2"_Flat Head Socket Bolt	2
70	5/16" × 1"_Button Head Socket Bolt	2
71	M8 × 60m/m_Hex Head Bolt	1
72	M8 × 80m/m_Socket Head Cap Bolt	2
73	M8 × 35m/m_Flat Head Countersink Bolt	4
74	1/2" × 8T_Nyloc Nut	4
75	3/8" × 7T_Nyloc Nut	4
76	5/16" × 6T_Nyloc Nut	3
77	M8 × 8T_Nyloc Nut	1
78	3/8" × 7T_Nut	3
79	Ø35 × 5/16" × 1.5T_Flat Washer	2
80	Ø25 × Ø10 × 2.0T_Flat Washer	4
81	Ø19 × Ø 10 × 1.5T_Flat Washer	4
82	3/8" × 2T_Split Washer	8
83	Ø6.5 × 25 × 1T_Concave Washer	4
84	M5_Star Washer	3
85	4 × 12m/m_Sheet Metal Screw	4
86	5 × 16m/m_Tapping Screw	45
88	5 × 16m/m_Tapping Screw	11
89	3.5 × 12m/m_Sheet Metal Screw	45
90	3/8" × 1-3/4"_Button Head Socket Bolt	4
91	3.5 × 16m/m_Tapping Screw	8
92	M5_Split Washer	4
93	5/16" × 15m/m_Button Head Socket Bolt	8
94	Ø5/16" × 19 × 1.5T_Curved Washer	2
95	M5 × 10m/m_Phillips Head Screw	4
96	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
97	M6(66×86)_L Allen Wrench	1
98	3/8" × 2"_Hex Head Bolt	1
99	Left Drink Bottle Holder (Lower)	1
100	Right Drink Bottle Holder (Lower)	1
101	3.5 × 32m/m_Sheet Metal Screw (Optional)	8
102	3 × 12m/m_Tapping Screw	4
103	Dual Torsion-Spring	1
104	ChenChin Torsion-Spring	1
105	Steel Cable Tension Spring	1
106	Steel Cable	1
107	Release Lever	1

Nº num.	Part description	Qty
108	M3 × 10m/m_Phillips Head Screw	1
109	M5 × 20m/m_Phillips Head Screw	1
110	5/16" × 2"_Hex Head Bolt	1
111	M5_Nyloc Nut	1
112	M3_Nut	1
113	Ø5 × Ø10 × 1.0T_Flat Washer	2
114	Ø6.5×25×50×1.5T×2.5H_Concave Washer	4
115	Ø5 × Ø13 × 1.0T_Flat Washer	5
116	M3_Split Washer	1
117	3 × 10m/m_Sheet Metal Screw (6pcs Optional)	8
118	Controller Back Plate	1
120	400m/m_Console Ground Wire	1
121	20 × 40m/m_Square End Cap	2
122	Phillips Head Screw Driver	1
123	On/Off Switch	1
124	100mm × 764 × 764_Connecting Wire (Black)	1
125	Breaker	1
126	330m/m_Speed Adjustment Switch W/Cable	1
127	330m/m_Incline Adjustment Switch W/Cable	1
128	800m/m_Speed Cable (Upper)	1
129	800m/m_Incline Cable (Upper)	1
130	400m/m_Audio Cable (Optional)	1
131	Chest Strap (Optional)	1
132	M5_Speed Nut Clip	2
133	Drink Bottle (Optional)	1
134	4 × 50m/m_Sheet Metal Screw	2
135	Wire Clamp	1
136	300m/m_Ground Wire	1
137	1000m/m_Ground Wire	1
138	Choke	1
139	Filter	1
140	600m/m_Connecting Cable Of Motor	1
141	200m/m_Connecting Wire (White)	1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9. ENVIRONMENTAL NOTE

The symbol with which is marked this unit (waste bin with wheels) indicates that it cannot be thrown for any reason to the domestic waste. When disposing of the product should be taken to a proper recycling point.

If properly dispose of the product may be reused and recycled, and it will help to conserve natural resources, preserve the environment and significally reduce the potential negative impact on our environment.

For more information about the return system, collection and recycling of these products contact your City Council or the retailer.

REF. PT- 298
STR TREADMILL

SALTER Design and quality
Made in: TAIWAN
Imported by Cial. SALTER, S.A.
Lluis Millet, 52
08950 Esplugues de Llobregat
Barcelona – Spain
N.I.F.: A-08544298